

A VAULT FULL OF GOLD

TORONTO ATHLETE FLIES HIGH AT WORLDS **metroSPORTS**

Toronto metro



Your essential daily news | TUESDAY, AUGUST 25, 2015

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CRIME

A YEAR OF VIOLENCE

- 163 shootings • Injuries, deaths up 62%
 - Gun violence already at levels matching Toronto's violent 2012
- metroNEWS**



A victim in an Aug. 20 shooting is wheeled into a Toronto hospital – a scene that's played out often during a troubled summer.
VICTOR BIRO/FOR TORSTAR NEWS SERVICE

Police ask hackers for assistance

ASHLEY MADISON

Concerns over harmful fallout prompt appeal to Anonymous



Jessica Smith Cross
Metro | Toronto

Toronto police are asking Anonymous and other hackers to come forward with information that could help their investigation of the Ashley Madison hack.

Acting Staff Supt. Bryce Evans made the request Monday, raising concern about cases of extortion and two unconfirmed suicides that may be linked to the data breach.

"To the hacking community who engages in discussion on the dark web and probably know information that could assist us in this investigation, we're appealing to you to do the right thing, to acknowledge that this is a unique situation that has caused enormous social and economic fallout," Evans said.

The Impact Team, which has taken credit for hacking the website, "has crossed the line," the superintendent said, asking the hacking community to "do the right thing and reach out to us."

When he was considering making the plea, Evans thought of Anonymous's role in the sexual assault investigation of Halifax's Rehtaeh Parsons, he said.

Anonymous "really stepped up to the plate" in that case, he said.

Gabriella Coleman, a McGill University professor who studies the Anonymous community called the police's request a "historic" moment.

"Police have always reached out to the public and citizens for help, but they have an antagonistic relationship with Anonymous," she said.

But asking for help is a good idea, Coleman said.

"The type of intelligence and reconnaissance work that the Toronto police is calling for, Anonymous has been very good at, at times," she said. "They're able to find things out because people go to them. And it is true that there are these forums, black hat forums, where gossip is shared and tips circulate."

"It is realistic that the hack community, Anonymous or not, who would know something about the Ashley Madison hack."

Coleman's not convinced, however, that Anonymous will help. The group — like the public — appears split on the morality of the cause.

"From what I've seen, some people support the hack and others don't," she said. "Putting people's sexual preferences and lives under the public lime-light, I think a lot of people in Anonymous find pretty objectionable."

+ REWARD

Ashley Madison's parent company, Avid Life Media, is offering a \$500,000 for information leading to an arrest in the breach.

Kenyan kids still learning, thanks to former students

EDUCATION
Toronto group sponsors about 60 children, runs academy



Meghan Bruni couldn't stand the thought of children living in a Kenyan shanty town being unable to attend school.

It was in 2006, and Bruni was in Kibera — Kenya's largest slum where more than a million people live in extreme poverty. It cost hundreds of dollars to send a kid to school and many families couldn't afford to pay, she recalls.

"I felt it was completely unjust that many people aren't able to complete even their high school because it costs money," said Bruni, now a teacher at Swansea Public School in Toronto's west end.

She was in the country as part of SEED — Students for Education, Empowerment and Development — a non-profit Bruni helped found with a handful other Toronto university students.

With their university careers long behind them, some members of the group have continued



Some of the young students attending the SEED Junior Academy in Kibera, on the outskirts of Nairobi, Kenya. CONTRIBUTED

the mission, recently establishing an Etsy shop where people can buy jewelry and crafts made in Kenya, with proceeds going the group's cause.

The effort that started small nearly a decade ago — raising money for high school scholarships — has grown into a much larger initiative.

SEED is now sponsoring about 50 high school students and 10 university and college undergrads.

It also runs a primary school

+
A CALL TO ACTION

It costs anywhere from \$100 to \$400 a year to send a child to secondary school in Kibera. Details on how you can help are posted at seedcan.net.

in Kibera where more than 80 kids are able to study and get free lunch every day.

Called SEED Junior Academy, the school is run mainly by locals, while the group back in Toronto takes care of most of the admin-

istrative and fundraising tasks.

"We figured people on the ground know best what needs to be done," said Bruni, SEED's executive director.

SEED chooses students for its scholarships based on academic performance and financial need. It means making difficult decisions given the huge demand in the area where most people have no paid jobs and rely mainly on subsistence farming.

"It's really kind of sad and emotional," Bruni said. "People don't really have anything to meet their educational and healthcare needs."

"They have very limited opportunities compared to our life in the West, which we take for granted."

IN BRIEF

Man dies after being hit by out-of-service GO train

A man died in an incident on the GO train service on the Lakeshore West line Monday. Service had been suspended between Union and Long Branch after an out-of-service train fatally struck a person just west of Exhibition station Monday morning, according to GO Transit's website.

The police investigation has concluded and trains are now running although delays are expected.

TORSTAR NEWS SERVICE

Divers find body of missing man in Professor's Lake

Search and rescue divers have found the body of a man who went missing in a Brampton, Ont., lake last night.

Peel Regional Police have said the man in his 20s was walking along the shore of Professor's Lake with a friend when he went in water but didn't come back out.

THE CANADIAN PRESS

Four people taken to hospital after collision

Four people were taken to hospital — one with serious injuries — after a collision in Etobicoke on Saturday.

Toronto paramedics received the call at 11:48 a.m. for the collision near the East Mall and Dundas St. W.

One cyclist was transported to hospital with serious but non-life-threatening injuries. Three others suffered minor injuries and were put on a backboard.

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Get to the Ex and grab that loot

The CNE is drawing the crowds and grabbing attention, but many are there for one good reason: the prizes. Metro took a tour of the event, and documented the booty, big and small, that people were grabbing.

LIZ BEDDALL METRO

Myca and Ricardo

Prize: Four prizes including a Pikachu and a Sriracha bottle
Strategy: Ricardo: "Spend money and hope for the best. They're all for her."
Total spent: \$160

Tiffany

Prize: Teenage Mutant Ninja Turtle
Game: Duck Pond
Strategy: "You had to do it two times, and then I won this. This is the one that I wanted. His name is Mikey."



Lucas

Prize: Smurf
Game: Shooting
Strategy: "Just keep holding the button and aim for the targets. I just want to win a big one. Anything that's big I'll take it."
Total spent: \$3



Victoria

Prize: Stuffed Sriracha bottle
Game: Spraying waterguns onto a target
Strategy: "Expect to lose and if you win, why not? We all work in an Asian restaurant so we thought it would be funny to win this for our boss."
Total spent: \$20

Presila and Jessica

Prize: Five prizes including a Minion, a monster and a stuffed crayon
Game: Various
Strategy: Presila: "There's really no strategy to it, just keep playing until you win."
Total spent: \$100 combined



Patrick Noddin and Morgan Coyle

Patrick:
Prize: Snake
Game: Whack-A-Mole
Strategy: "Hit the moles as fast as I could and don't miss. We wanted a purple elephant, but some kid beat me the second time."
Morgan:
Prize: Monkey
Game: Darts
Thoughts: "He won it for me. I love the colours."



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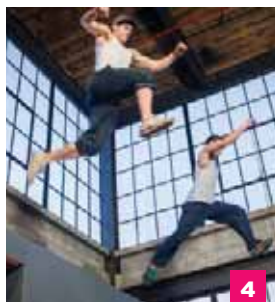
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Critics argue the practice disproportionately targets members of racialized groups, amounts to racial profiling and leads to mistrust of the police. RANDY RISLING/TORSTAR NEWS SERVICE FILE

MPP fears 'meaningless' review won't fix carding

BRAMPTON

Peel's rate of street checks eclipses T.O.'s since scandal

Peel Regional Police have conducted 159,303 "street checks" over the past six years, according to data obtained by Torstar News Service ahead of Tuesday's public meeting in Brampton to address the controversial practice, known in Toronto as "carding."

Brampton MPP Jagmeet Singh said the statistics are one more reason to end street checks outright, calling the Liberal government's current review, which includes the public meeting, "meaningless."

Street checks, like carding, involve police stopping individuals on the street, often in "high-crime areas," and gathering personal information that is entered into a police database, even if the subjects are not part of an investigation.

Critics argue the practice disproportionately targets members of racialized groups, amounts to racial profiling and leads to mistrust of the police.

Singh, the provincial NDP's deputy leader, was calling for a ban before the legislature took its summer break. Then the Liberals announced that a review would be held to help create a new set of policies to govern the practice.

"The Liberal government pro-



MPP Jagmeet Singh.
TORSTAR NEWS SERVICE

cess itself, from the outset, was flawed and to me meaningless," Singh said, saying that merely regulating carding/street checks is "the wrong path" and that the practice should be eliminated.

The government and police, he said, "are disrespecting the work of all the lawyers, experts, community groups and citizens (who oppose street checks). They're saying: 'We don't care about your concerns.' This practice sends a message that certain people don't belong."

Toronto lawyer Howard Morton is an outspoken opponent of a practice he believes is a violation of charter protections against unreasonable search and seizure and arbitrary detention. He is the legal counsel for a new anti-street-checks group calling itself the Peel Coalition Against Racialized Discrimination (Peel CARD).

"Carding and street checks are a Charter of Rights violation; you cannot regulate a charter violation," said Morton, who is also a member of the Law Union of Ontario, which has taken a strong stance against carding.



Peel Regional Police Chief Jennifer Evans TORSTAR NEWS SERVICE

The two practices "are identical," he said, and the government's current review could actually hurt the efforts of those seeking change.

"We've had a consultation with the province (last week). My biggest fear is they're simply going to do whatever the police want them to do," Morton said.

If the province simply regulates some of the rough edges without protecting citizens' rights, it will be a huge setback, he added.

Peel police chief Jennifer Evans has acknowledged the need to resolve the street-check controversy.

"I look forward to engaging with the community on this issue and to the development of a solution that will contribute positively to public safety and ensure public trust," Evans said in an email Monday.

In June, Evans and Mississauga Mayor Bonnie Crombie, who sits on the Peel Police Services Board, got into a spirited

debate at a board meeting when Crombie called for a full review of the force's street-checking practices. Evans defended the force's policy as the parallel issue of carding in Toronto was dragged into the spotlight. Crombie, however, successfully tabled a motion to ask for a full review, which she expects in the fall.

The Peel data, obtained through a freedom-of-information request, suggests street checks were far less common in Peel than carding was in Toronto prior to 2014 — before it became a major issue — but the Peel rate has been much higher than Toronto's since the controversy led to a dramatic curtailment in carding last year.

Peel's 159,303 street checks between 2009 and 2014 average out to one check for every 46 residents during each of the six years.

Toronto police filled out just over 11,000 contact cards in 2014, or one for every 232 residents. In 2012, just over 400,000 cards were filled out, or one for every 6.5 residents.

TORSTAR NEWS SERVICE

159,303

Number of street checks conducted by Peel Police over six years.

BOAT CRASH

Spider-Man swings to rescue ... again

He says he's too old for the tights, but that hasn't stopped Lake Scugog's own Spider-Man from being a superhero — three separate times.

Sixty-nine-year-old Peter Parker was out for a spin on his pontoon boat with his wife, Deb Holbik, in Lake Scugog — a small, artificial lake about 40 kilometres north of Oshawa — when he witnessed a high-speed boat crash.

Like his namesake — Spider-Man's alter ego — Parker leapt into action, motoring over to see how he could help.

What he found was a family — two seniors, parents and a young boy — all bobbing in the water.

Parker said he was about to start pulling people onto his boat when he heard a phrase that made his stomach drop.

"The mother started yelling, 'Where's the baby? Where's the baby?'" he said. "I'm looking around but I can't see a baby. Then she yells, 'She's under the boat.'"

Parker leapt into the water

and joined the baby's father, who was swimming around the boat, searching through the wreckage for the infant. Parker — his knees cut and bleeding from crouching on the boat's mangled fiberglass — climbed onto the side of the boat to continue searching.

Moments later, he said, he heard the father calling that he'd found her. Parker guided the man to the edge of the boat, and the baby was passed to him through a hole created by the crash.

With the help of neighbours, Parker and Holbik attended to the injuries of the family until emergency

services arrived and took them to hospital.

This isn't the first time Parker's been recognized for his heroics. He's received two citations for bravery and community service for two separate rescues on the lake.

Parker said he's not sure why he has a knack for being in the right place at the right time but admits it's "really weird."

TORSTAR NEWS SERVICE

“

I couldn't fit the tights, and I sure as hell couldn't do the action anymore.

Peter Parker, on being a real superhero



Peter Parker and his wife Deb Holbik rescued a family, including a five-month-old baby, after a boat crash on Lake Scugog, just north of Oshawa, on Saturday. CONTRIBUTED



Don Ross's \$10,000 guitar was damaged during a flight from Europe. STEVE RUSSELL/TORSTAR NEWS SERVICE

Guitarist sings the blues

CARRY-ON CRUNCH

Airlines probe damage to man's custom instrument

A Canadian guitarist says he could be out thousands of dollars after his livelihood was "destroyed" in an airline's care.

Don Ross was flying back from a performance at a festival in Munich, Germany, when, he says, a United Airlines employee told him that he couldn't put his guitar in the overhead bin. The bins were already at capacity when Ross boarded, so he was told it would have to go through

special handling.

"I reluctantly handed it over," the musician said.

He landed in Chicago before taking an Air Canada flight to Toronto on Friday night.

It was at Pearson International Airport that he learned that his guitar had been damaged. Noticing a bulge in the case, Ross opened it to discover his custom-built guitar — which he estimates is worth \$10,000 — was cracked in several places.

"The pattern of the cracks told me immediately that the guitar had been taken out of the case and dropped," he said.

If the guitar had remained in the high-quality case, it would have been protected from damage even if it was dropped from

a height, he said. The guitar strap had been put back in the case improperly, not the way he normally stores it.

He has since posted photos on his Facebook page, urging others to share his story to raise awareness. The post has been shared more than 6,000 times.

Ross says the Transportation Security Administration — the U.S. agency that supervises airport security aimed at countering terrorism — left a notice inside the case, which makes him wonder if its employees are responsible for the damage.

"They just threw in an inspection tag," Ross said.

A representative from the TSA public-affairs office said a thorough investigation will be

conducted once a claim is filed. United Airlines said it is also looking into the situation and has been in touch with Ross.

"I do want to clarify that we do welcome customers to carry on their instruments, provided there is space in the overhead bins to accommodate," United Airlines spokeswoman Jennifer Dohm said. "If customers want to guarantee they are able to carry their instrument on board, they are able to purchase an additional seat, and we do have many customers that choose to do that."

Air Canada said it is trying to determine how the damage occurred and the company has been in contact with Ross to request a repair estimate.

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Girl's toy story more than just child's play

JOIN OUR JOURNEY

Toronto company turns Racing Bug into 3D reality



Gilbert Ngabo
Metro | Toronto

Many eight-year-olds like playing with toys. Sarah Robinson actually created one.

The Grade 4 student from Guelph is officially the creator of the Racing Bug, a toy she imagined and drew as part of a national kids competition organized by Energizer Canada.

As the top winner of the Join Our Journey contest, the youngster got to closely follow along as her dream creature was built into an actual toy, with the help of engineers from 3DPhacktory, a Toronto

based 3D printing company.

"I was very happy. It was a lot of fun," said Robinson about her toy, which she has painted in green, her favourite colour.

She imagined the bug with many fast legs, in an effort to help keep kids active as they chase it around. But it moves on wheels that are powered by the newly released Energizer EcoAdvanced AA batteries made with four per cent recyclable material.

"I just wanted a toy that all kids would want to play with, and one that I want to play with too," she said. She hopes her project will serve as an inspiration for other kids to chase their dreams and see them come to completion.

Those who helped build the Racing Bug had to follow her script, making sure any of the features she drew for her toy are not altered, said Taylor Abbey from 3DPhacktory.

The process to transform

Robinson's drawing into an actual toy spins around Energizer's goal of getting kids involved in STEM - science, technology, engineering and math - very early.

"This is a perfect combination of STEM and I'd throw in art and creativity as well," said Abbey about the project. The world needs more

people who can produce items that many people can use, and STEM is the essence of that, he said.

"Hopefully we can have more innovators like Sarah who come up with ideas to be transformed into reality," he noted.



The Racing Bug.
CONTRIBUTED

+ MONEY FOR THE FUTURE

• As the overall winner of the Energizer contest, Sarah Robinson received a \$10,000 contribution toward a Registered Education Savings Plan

(RESP).

• She says she likes math a lot, and drawing too. It took her about 30 minutes to sketch the Racing Bug, she said.



Sarah Robinson won the Join our Journey contest. CONTRIBUTED

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Chugging a mile in her shoes

THE BEER MILE

Woman tastes success in unique running event

The concept is simple: drink a beer, run a quarter-mile, then do it all again three more times.

But just ask Lianne Girard and she'll tell you the Beer Mile is anything but easy.

"The thing is, it's not how good you are at beer drinking and it's not how fast you can run the mile — it's how well you can do both at the same time," the Oakville native said.

On Saturday, the finest beer milers from around the world gathered in San Francisco to see if they had could stomach the challenge of chugging four beers over the course of a mile.

A self-proclaimed "tom-boy" and national-level runner, Girard was among them, representing Team Canada in the elite women's race.

The 23-year-old finished



Lianne Girard practises chugging and running ahead of the Beer Mile World Classic in San Francisco. Last weekend's event was her first time competing at the international level, which also features teams from the U.S. and Australia. TORSTAR NEWS SERVICE

sixth with a time of 7:27, making her the fourth fastest Canadian woman at the event.

"I'm very proud because it was a windy day, the course was slow and I had almost 100 km of running in my legs from

that week's training," she said in an email to Torstar.

The race wasn't without a few hiccups.

Girard, who usually drinks Muskoka Cream Ale for its flat, smooth taste, had to drink

Samuel Adams Summer Ale because her beer of choice wasn't available in the States.

She also fumbled with her bottle opener off the start, putting her a bit behind, but quickly caught up during the

first leg.

As a smaller person — Girard is 5-foot-8 and weighs 125 pounds — said she finds drinking tougher than the running.

"It's just such a heavy feel-

ing and then you're running and everything is getting all mixed up," she said. "It's one of the more awful feelings I've had in my life."

Girard prepared for the event by attempting to chug two litres of water and by creating a sort of "beer beep test," where she would drink a beer and then try to run 400 metres before two minutes was up.

Like a fuzzy memory after a night out, the true origins of the Beer Mile are not clear.

Various drinking-and-running events can be traced back to the 1980s and '90s, when high school and university cross-country teams across the U.S. and Canada competed in underground races.

The race garnered international attention last year when an American athlete, James "The Beast" Nielson, posted a video online claiming to have set a new world record.

Since then it's grown in popularity and profile. This year's race was covered extensively by ESPN.

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Mulcair absorbs Wynne jab

ELECTION 2015

Premier hits NDP leader on child care pledge

Betting the high road will take him to 24 Sussex Drive, NDP Leader Thomas Mulcair is avoiding a head-on collision with Ontario's partisan premier.

While Premier Kathleen Wynne and her Liberal ministers are targeting him almost as much as they do Conservative Leader Stephen Harper, Mulcair is staying above the fray.

"I look forward to working with Kathleen Wynne and every other provincial premier when we form government on Oct. 19," the NDP chief told reporters in Toronto on Monday.

"I have to work with all provincial premiers irrespective of their political stripes. And you know what, here in Ontario we're going to have no trouble sitting down," said the former Quebec Liberal



NDP Leader Tom Mulcair greets supporters during a campaign stop in Toronto on Monday.

FRANK GUNN/THE CANADIAN PRESS

cabinet minister.

"We're going to hold two meetings a year with the Council of the Federation. Mr. Harper has yet to attend one. We'll have one in Ottawa and

we'll rotate it in the provinces — we're going to show that we mean it," he said, referring to the organization of provincial and territorial premiers.

Mulcair's comments came

after a Liberty Village area rally attended by a capacity crowd of 400 people that saw about 75 other supporters forced to listen on speakers set up outside the sweltering

Sudbury Street hall.

He was in Toronto to announce that an NDP government would boost the Guaranteed Income Supplement by \$400 million annually and reduce the age of eligibility for the stipend and Old Age Security back to 65 from 67.

"I have no hesitation whatsoever to sit down and work on important issues like child care, better protection for our seniors — these are things we will work on with the provinces every day," he said.

But at almost exactly the same time as Mulcair was talking about building bridges, Wynne was at Queen's Park tearing a strip off him for suggesting her Liberal government is backing his \$15-a-day child-care pledge.

"We need the details about what Mr. Mulcair's plan would be. At this point we don't have those details. For him to say that we endorse it or that we support it goes beyond what we have said," said the premier, who has injected herself into the federal election more than any other provincial leader.

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Doug Ford TORSTAR NEWS SERVICE

FEDERAL POLITICS

Ford urged to run



Luke Simcoe
Metro | Toronto

An online campaign claiming to represent "a broad coalition of Conservative voters" is urging Doug Ford to run for the leadership of the federal Conservative party.

The website, rundougrun.ca, calls the former councillor "the only true blue-values leader who can be an advocate for strong conservative values." It also claims "dozens of dedicated individuals" are ready to support Ford should he decide to run.

Reached by phone, the site's owner identified himself as Rud Chamberlain, a farmer from Milton. He told Metro that his son Josh helped him set up the website over the weekend.

Should Stephen Harper fail to achieve a majority government in the upcoming election, Chamberlain wants the prime minister to step aside and make room for Ford.

"Harper is great with the economy, but we need to have the party show off its more socially conservative colours," he said.

Chamberlain said he supports "conservative values," which, according to his website, include a two-tiered health care system, reduced gun control and the belief that "life begins at inception."

"I don't know what Doug thinks about these things, but I do know that he's socially conservative and he'd make a damn good prime minister," he said.

"I've never seen an individual so strongly uphold conservative principles when he speaks."

After losing the mayoral election, Ford returned to running his family's label company full time. However, former mayor Rob Ford recently told the media his brother was considering a bid to replace Harper.

"I never say never in politics. But as of right now I am supporting the prime minister 100 per cent," Doug Ford told reporters last week when asked about his intentions.



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ABORIGINAL RELATIONS

Ontario inks deal with First Nations

The Ontario government signed a political accord Monday with the Chiefs of Ontario that Premier Kathleen Wynne said will guide relations between First Nations and the province.

"As we've seen time and time again, when this relationship is not respected or when the trust is broken, the consequences are painful and long-lasting," said Wynne.

The accord signed by Wynne and Ontario Regional Chief Isadore Day in a ceremony at the legislature creates a formal bilateral relationship between the government and First Nations.

"We've taken an important step to renew the relationship between First Nations and Ontario," she said. "I want to acknowledge that in some cases the relationship has to be built, that it's not even a matter of rebuilding, but it's a relationship that has to be built almost from scratch."

The accord affirms that First Nations have an inherent right to self-government and that the relationship with Ontario is based upon respect for that right, but exactly what that means remained unclear.

"As I understand it, as we have discussions about education or social services or as



Ontario Regional Chief Isadore Day and Premier Kathleen Wynne

RICHARD BRENNAN/TORSTAR NEWS SERVICE

we talk about economic well-being and resource revenue sharing, we need to define that self-government responsibility within each of those contexts," said Wynne. "I don't think that there's a blanket definition."

Treaties should have some sort of enforcement mechanism just like trade agreements between countries, said Day.

"These are the hard discussions that we're going to have to have," he said. "We must create criteria on what that enforcement means."

THE CANADIAN PRESS

MOCCA gallery's new home

REAL ESTATE

Building will be demolished for 'ultra-hip boutique' abode



Luke Simcoe
Metro | Toronto

After more than a decade on Queen West, the MOCCA is no more.

The Museum of Contemporary Canadian Art wrapped up the final exhibition at its Queen and Shaw Street location Sunday. The gallery, which focuses on innovative and emerging Canadian artists, will be moving to a new space in the Junction.

In its place, an eight-storey condo building is expected to pop up by 2017. Designed by developer Urbancorp, the West Queen West project bills itself as "an ultra-hip boutique condominium."

Units start at 390 square feet and \$232,900.

As for MOCCA, the gallery will be relocating to the former Tower Automotive Building on Sterling Road, just north of the Nestle chocolate plant.

The 25,000-square foot gallery will be twice the size of the Queen West location. In addition to more exhibition space, plans include a retail store, café and community rooms.

"The architecture and design of this unique historic space inspire many opportunities for MOCCA to bring Toronto to the level of contemporary artistic activity that a city of this size and sophistication deserves," David Liss, MOCCA's curator, said earlier this summer.

"The mushroom columns and 16-foot ceilings on the first floor, with a plaza right outside the building, create a dream space to showcase contemporary art."

The new gallery is expected to open by early 2017. In the interim, MOCCA staff are organizing a number of "pop-up" exhibitions across the city.



Pictured above, a concept drawing for Urbancorp's West Queen West condo development. The Museum of Contemporary Canadian Art (right), will be destroyed to make room for the new project, which is expected to pop up by 2017. TORSTAR NEWS SERVICE FILE/URBANCORP



CRIME

Thieves nab sack of cash

Toronto police are asking the public's assistance in finding two men wanted in connection with a major theft in North York.

Police say that early in the afternoon of Aug. 6 a family went to a currency exchange business (near Yonge and Centre Ave.) and withdrew a large sum of money they intended to use to buy a home.

Investigators say the money was placed in a backpack and the family then went to a nearby restaurant (near Yonge and Churchill Ave).

Police say that while the family members were in line ordering food, one of two men who followed them from the currency exchange walked over to the table where the bag with the money had been left, grabbed it and exited the restaurant.

The two suspects were captured on surveillance video. Both are white, one being 50 to 60 years old, the other 35 to 45.

Anyone with information is asked to call police or Crime Stoppers. THE CANADIAN PRESS

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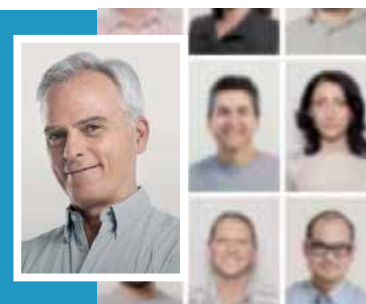
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Police closed off a large area surrounding Muzik nightclub on CNE grounds on Aug. 4.
BERNARD WEIL/TORONTO STAR

Shooting surge worst since 2012

CRIME Incidents resulting in injury or death up 62 per cent

Two shooting deaths. A man clinging to life from gunshot wounds; two more with serious injuries. All within just over 48 hours.

A spate of shootings made the past week an especially violent one in Toronto, typifying the surge in gun violence across the city this year.

The four major shootings between Wednesday morning and early Friday are only the latest incidents in a summer punctuated by the high-profile quintuple shooting at Muzik nightclub, the death of 14-year-old Lacent Ross from a single gunshot, a fatal shooting that left two men dead inside a west-end condo.

As of Monday, there had been 163 shootings in the city, nearly the exact number as this time in 2012 — the last time the city experienced a significant surge in gun crime. By comparison, as of Aug. 24, 2014, there had been 118 shootings, 38 per cent fewer than this year.

The number of victims is also up by about 82 per cent from this time last year, though changes to the data entry system in 2014 some victim and injury information “is unknown or undetermined,” according to police. The number of shootings involving injury or death has increased 62 per cent.

Asked Friday about the spike in gun violence, Mayor John Tory reassured Torontonians that the city is still “very safe” and he is confident police are “on top of this.”

“I’m satisfied that police are addressing every possible resource to this to make sure that people are apprehended who are engaged in this kind of violent activity.”

“These things often go in cycles,” Tory added.

Indeed, criminologists warn against reading too much into crime statistics alone, particularly when it is measuring relatively short periods of time. Last summer, for instance, saw a record low in terms of violent crime — including a 30 per cent drop in homicides as of Aug. 31 — right before a surge of homicides made the following month the deadliest September since 1990.

By the end of the year, the two extremes equalled out to an average year. There were a total of 57 homicides, in the middle of the city’s five-year trend.

Taking the long view, however, Toronto police have detected a pattern: Gun crime seems to surge about every four years.

One theory is that this could be explained by repeat offenders

returning to the community after release from prison.

“It might be related to the cycle of apprehension, incarceration and release,” Deputy Police Chief Mike Federico said in an interview Friday.

Another theory police keep in mind is the fact that more crime occurs during the summer months.

Considering such theories forms part of the approach Toronto police are employing to curb gun crime. It’s a mix of old and new approaches, Federico said.

That includes increasing the presence of officers in areas where the shootings typically occur. Federico says police are also experimenting with initiatives aimed at reducing or even preventing crime by creating partnerships with community groups, non-government agencies and faith leaders.

“These are attempts to get at the underlying social conditions (and) interrupt the cycle,” Federico said. TORSTAR NEWS SERVICE

+ ESCALATING VIOLENCE

Within about 48 hours last week, shootings left two men dead and three injured. The surge in gun crime comes during a violent summer with several high-profile shootings.

Wednesday, 6:30 p.m.
Toronto police, paramedics and fire were called to Rustic Park, on Rustic Rd. near Jane St. and Highway 400, for reports of a shooting.

An adult male was taken to a hospital where he was later pronounced dead.

Thursday, 11:05 p.m.
Toronto paramedics were called to Keele St. south of Lawrence Ave. W. Two adult males were rushed to hospital, one with life-threatening injuries and the other with serious injuries.

Friday, 12:45 a.m.
Witnesses in the area called 911 after one shot was fired. Paramedics say a man was taken to hospital with a gunshot wound. His injuries are not considered life-threatening.



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Ex-PMO aide takes stand

COURT

Claims he didn't know Wright repaid expenses until later on

Chris Woodcock, the aide in the Prime Minister's Office who crafted public statements about Sen. Mike Duffy's repayment of disputed expenses, says he never read the 2013 email where Nigel Wright told him he was picking up Duffy's tab "personally" — at least not until months later.

Woodcock, who was director of issues management and responsible for staying on top of controversies affecting the government, testified Monday at Duffy's trial for fraud, bribery and breach of trust. Woodcock said he was responsible for drafting statements for the government and Duffy in cooperation with senators and Duffy.

"Mainly my job was to spot trouble and come up with a strategy for dealing with it," he said.

Woodcock said he first read the top paragraph of Wright's email on March 8, 2013.

"I didn't see it at the time. It actually meant nothing," he told assistant Crown attorney Jason Neubauer.

Neubauer did not pursue Woodcock's answer further.

However, it provides a partial explanation as to how at least one other aide in the PMO, presumably in the know about Wright's payment, failed to flag it to either Prime Minister Stephen Harper or anyone else as a looming political disaster.

It may also explain why, in the early weeks after the

\$90,000 payment was reported on May 14, 2013, the prime minister continued to tell the public that no one on his staff knew. Emails submitted as evidence show there were up to 13 PMO and senior Conservative officials who knew about it.

At the time of the email to Woodcock from Wright, Harper's office was trying to craft a response to a reporter who had inquired of the Conservative Party if it was helping either Sen. Pamela Wallin or Sen. Duffy with their disputed expenses.

They debated whether to respond.

Wright replied to Woodcock the party would only cover expenses incurred on party business and would not be picking up any of Duffy's housing expenses.

"For you only, I am personally covering Duffy's \$90k," Wright wrote.

Woodcock, who appeared Monday as a Crown witness, said he only realized that was in his email in June 2013, well after CTV broke the embarrassing story that Wright had covered Duffy's bill, by which time Wright had resigned.

Woodcock testified he received between 700 and 1,000 emails a day and mostly scanned them for "action" items he would have to move on.

He said he was "actually quite surprised" when he realized then that he'd been informed by Wright of his repayment as early as Mar. 8.

That was more than two weeks before March 26, when Wright had another PMO staffer handle the transfer of his personal bank draft for \$90,172.24 to Duffy's lawyer.

TORSTAR NEWS SERVICE



A-MAIZE-ING MAZE This year's corn maze on the Hunter Brothers Farm in Florenceville, N.B., commemorates the 35th anniversary of Terry Fox's Marathon of Hope to raise funds for cancer research. "My dad met him right in front of the house," said Leigh Hunter, 22. "The field is only 100 feet from the road he ran along." Leigh helped his father, Chip, and uncle, Tom, to create the enormous image.
HUNTER BROTHERS FARM/TORSTAR NEWS SERVICE

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Chris Woodcock said he was 'surprised' when he realized he'd been informed by Nigel Wright of Mike Duffy's repayment as early as March 2013. FRED CHARTRAND/THE CANADIAN PRESS

Leaders quarrel over economy

ELECTION 2015

Plummeting market shakes up federal campaign trail

A precipitous drop in North American stock markets sparked fresh debate on the federal campaign trail Monday about which leader would be the best choice to manage Canada's finances.

The S&P/TSX composite index dropped 768.5 points shortly after markets opened, before rallying to close down 420.93 points, a 3.12 per cent decline over Friday's close. The dollar, meanwhile, closed down about half a cent.

For Stephen Harper, the plunging economy — fallout from China's worst market performance in eight years — provided a welcome diversion from the relentless revelations in the Mike Duffy trial that have kept the Conservative campaign off balance for close to two weeks.

The prime minister's office released a short statement Mon-



Prime Minister Stephen Harper faced scrutiny from both Liberal Leader Justin Trudeau and NDP Leader Thomas Mulcair on Monday over his plans to handle economic instability.

SEAN KILPATRICK/THE CANADIAN PRESS

day saying that he had spoken on the phone in the morning with Stephen Poloz, the governor of the Bank of Canada.

"Prime Minister Harper and Governor Poloz discussed the recent decline in global stock markets and commodity prices, slowing growth in China and emerging markets and the po-



There are an awful lot of Canadians worried about their retirements.

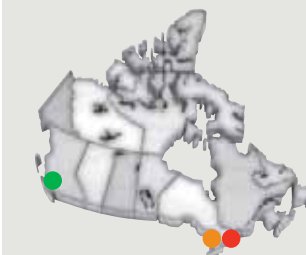
Justin Trudeau,
Liberal Leader

tential impacts on Canada's economy," said the statement, which offered no other details.

NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau blamed Harper for the economic mess and said they could do a better job of running the country's finances.

Harper repeated that his gov-

WHERE THE LEADERS ARE TODAY



• **Justin Trudeau** will be in Toronto and Brampton, Ont.

• **Tom Mulcair** will be in Ontario: Dundas, Kitchener and Sarnia.

• **Elizabeth May** will be in Vancouver and Burnaby, B.C.

Stephen Harper's itinerary was unavailable.

ernment is the best bet in uncertain economic times.

That's a message that the Conservative leader has been struggling to deliver as he fends off questions about how much his current chief of staff, Ray Novak, knew about Nigel Wright's controversial \$90,000 payout to Duffy in February 2013.

Harper said Monday the unstable global economy is the most important issue facing Canadians and urged them to stay with his party.

"Given the challenges around us, we need to stick with a long-term plan that has been working and will work,"

Harper said in Drummondville, Que.

He said his political opponents offer proposals that would damage the economy.

"What the other guys are proposing, at a time of enormous market instability, is that they would embark on large-scale, permanent spending increases," he said. "They would finance that through deficits and through big tax increases, including tax increases on workers and on job-creating businesses."

The New Democrats and Liberals punched back, blaming Harper for the current downturn. THE CANADIAN PRESS

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From left: British businessman Chris Norman; Anthony Sadler, a senior at California State University; French President Francois Hollande; U.S. Airman Spencer Stone; and U.S. National Guardsman Alek Skarlatos at the Elysee Palace, Monday in Paris. Hollande pinned the Legion d'Honneur medal on Stone, Skarlatos and Sadler, three long-time friends who subdued a gunman on Friday, Aug. 21, as he moved through a speeding train with an assault rifle strapped to his bare chest. Norman also jumped into the fray. MICHEL EULER/THE ASSOCIATED PRESS, POOL



Attacker's gun jammed

The gunman had an arsenal he claims to have stumbled upon in a park near the train station. Like three other men accused of drawing up failed plans for attacks in France recently, the suspect denied any links to terrorism, telling his lawyer he was homeless and wanted to rob a train only "to eat."

Instead, the assault rifle jammed, and he was tackled and bound with a necktie by three Americans and a Briton who were celebrated Monday with France's highest honour.

Now, with many lives potentially saved on the high-speed train by quick-thinking and courageous passengers, the limits of a continent's worth of security were thrown into relief by a lone attacker during a less-sophisticated act of violence.

"I don't think we can rely entirely on the police, the law enforcement services. They will do their best. We can put in place the best intelligence networks, but somebody is probably going to get through

at some stage.

"And my vision of this is that as citizens, we need to be prepared to think about how to act," Chris Norman, the British businessman who helped bind the suspect, told The Associated Press.

"We need to have it in our minds, because if I had never thought it before, then I probably would have just been sitting in a corner cowering," Norman said.

With thousands of Europeans believed to be radical-

ized by propaganda from the Islamic State of Iraq and the Levant (ISIL), and legions of security forces guarding the most visible targets, governments are increasingly worried about the possibility of carnage by individuals, with little planning, in a setting where there is minimal or no security.

If the attack fails, terrorist groups simply ignore it. If it succeeds, they claim responsibility for the work done by their "brother."

THE ASSOCIATED PRESS

SPACE STATION

Whiskey research out of this world

Spirits arrived at the International Space Station on Monday. Not the ghostly ones, but the kind you drink — distilled spirits.

The six astronauts won't be sneaking a sip. It's all for science.

A Japanese company known for its whiskey and other alcoholic beverages included five types of distilled spirits in a space station cargo ship. The station's big robotic arm — operated by Japanese astronaut Kimiya Yui — grabbed onto the supply craft launched Wednesday by his homeland. Flight controllers helped anchor it down.

The supply ship contains nearly 10,000 pounds of cargo, including the six liquor samples. Suntory Global Innovation Center in Tokyo wants to see if alcoholic beverages mellow in space as they do on Earth.

The samples will be used for experiments and will spend at least a year in orbit before being returned to Earth. An identical set of samples will be stored on the ground in Japan.

The experiment has NASA's blessing. Spokesman Dan Huot said all research flown to the space station is agreed upon by everyone involved. It's not the

first liquor-related space study.

Japan also sent up 12 mice aboard the Kounotori vessel, Japanese for "white stork," as part of an aging study.

NASA has considerable equipment aboard the supply capsule. Many are replacements for items lost in the failed SpaceX supply run at the end of June. The Florida launch accident destroyed everything on board. The replacements include spacewalking equipment, an emergency breathing kit, toilet wiring and parts for the water recycling system.

The 250-mile-high outpost was in need of fresh supplies, after losing three shipments in eight months. SpaceX remains grounded, as does another U.S. supplier, Orbital Sciences Corp., which suffered a launch explosion last October in Virginia. A Russian cargo ship went out of control in April and was destroyed on re-entry, but the country has since corrected the problem and resumed deliveries.

U.S. astronaut Scott Kelly — who last week said the delivery was "very important" given the circumstances — welcomed the stork. THE ASSOCIATED PRESS

PHILADELPHIA

Inmates building Pope chair

Inmates in the Philadelphia prison system are creating a stately chair to give to Pope Francis when he visits next month.

At a prison workshop on Monday, inmates worked to sand and refinish the wooden chair, which stands nearly six feet tall. Another group of inmates

previously hand-carved the piece out of walnut. Soon, it will be sent to nearby Curran-Fromhold Correctional Facility to be upholstered by other inmates.

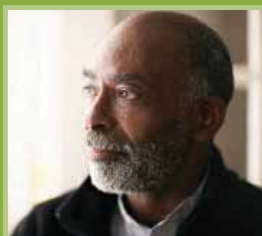
Francis plans to go there Sept. 27 to meet with about 100 inmates and some of their rela-

tives during a two-day trip to the city.

Francis has made prison ministry a focus of his pontificate. He meets frequently with inmates and on two occasions washed prisoners' feet during pre-Easter rituals.

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ENERGY

TransCanada reaches deal with gas companies on Energy East project

TransCanada Corp. resolved a major challenge to its \$12-billion Energy East project after reaching an agreement with three natural gas distributors who say the deal insulates customers from the additional costs of converting the pipeline.

Under the agreement announced Monday, customers in Ontario and Quebec won't be on the hook for extra construction and development costs and will save \$100 million between 2018 and 2050, the natural gas companies said.

"Whoever will be using the system at that time will pay less than they would have otherwise if Energy East had not been going forward," said Gaz Metro CEO Sophie Brochu said.

Gaz Metro, Union Gas and Enbridge Gas Distribution had been battling for more than a year to challenge TransCanada's proposed conversion of an existing 3,000-kilometre segment natural gas pipe to oil. THE CANADIAN PRESS



It's been a stressful time for New York Stock Exchange traders. SETH WENIG/THE ASSOCIATED PRESS

Financial plans essential amid plunge, says expert

market minute

**DOLLAR**

75.40¢ (-0.54¢)



TSX
13,052.74 (-420.93)



OIL
\$38.24 US (-\$2.21)



GOLD
\$1,153.60 US (-\$6.00)

NATURAL GAS: \$2.65 US (-3¢)
DOW JONES: 15,871.35 (-588.40)

STOCK MARKET

Adviser urges investors to adjust their portfolios

The plunge in the stock markets in recent days may have rattled investors, but a financial adviser says the drop is a reminder of the importance of understanding your risk

tolerance and building a strong financial plan.

The S&P/TSX composite index is down more than 15 per cent from its high reached last year, while the Dow Jones industrial average is off more than 10 per cent from its high reached earlier this year.

"If you are telling me today that your risk tolerance is not what you thought it was and you're in the wrong model and you don't want any downside losses, then

we have some things to chat about," said Brent Vandermeer, a portfolio manager with HollisWealth.

If the plunge in the markets has rattled your nerves and you've realized that you really can't tolerate the risk like thought you could, Vandermeer recommends making changes to your portfolio now.

"You can't postpone and hope that tomorrow is better," he said. "The trend is usually persistent for a while."

The drop in the market follows a move by China earlier this month to devalue its currency amid concerns about growth in its economy.

The stock market has also

been fuelled in recent years by the flood in cheap money made available by central banks, which helped keep interest rates low.

THE CANADIAN PRESS



You can't postpone and hope that tomorrow is better. The trend is usually persistent for a while and that's the unfortunate part.

Brent Vandermeer, HollisWealth

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TECHNOLOGY

LG announces new Android tablet

Following on the heels of the unveiling of its second generation 8-inch G Pad earlier this month, LG announced on Monday that it has come out with a new version of the Android tablet.

The 10.1-inch G Pad II comes with a larger display at 1920 x 1200, plus a boost in hardware with 2 GB of RAM and a 2.26 GHz Snapdragon 800 processor.

The new tablet also offers several software features, such as an e-reader mode to ease the eyes when reading,

and a multitask feature to use two apps side-by-side.

LG also claims that the 10.1-inch tablet will offer one of the best batteries in its class — at 7,400 mAh — which could improve the device's overall appeal.

The company has not announced an official launch date or price for the tablet but will unveil it at the IFA trade show in Berlin next month.

It is expected to be available in North America and Europe. AFP



LG's new 10.1-inch G Pad II tablet. COURTESY LG

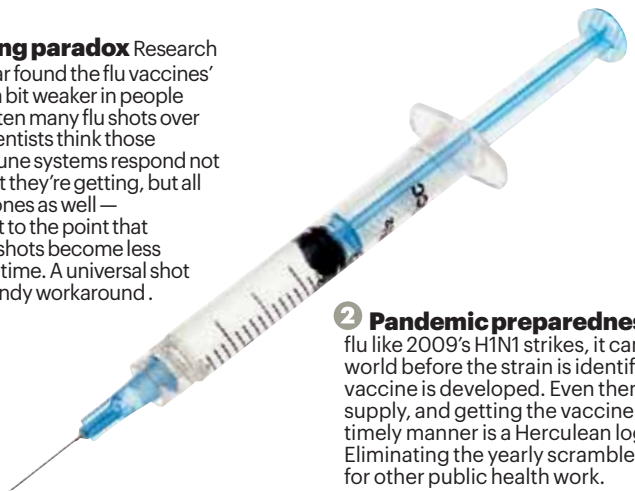


Amid the debate about liberalizing alcohol sales for convenience's sake, recovering alcoholics worry easier access to booze will push many off the wagon. TORSTAR NEWS SERVICE

THE BIG THING: A FLU SHOT TO END ALL FLU SHOTS

Nobody likes needles. The flu shot — though safe and effective — may be the most hated of all, not least because it requires a new jab every year. The science of guessing what strain will dominate sick rooms and emergency rooms in any given season is inexact (last year, the Canadian shot was only about 23 per cent effective against the flu that was going around). New research could potentially change that. In two successful studies published this week, an experimental vaccine using a part of the virus that is universal to all types of flu apparently worked pretty well at generating immunity in mice and ferrets. If human trials show the same, it could be great news for the fight against flu. SOURCE: NATURE MEDICINE, SCIENCE

1 A puzzling paradox Research earlier this year found the flu vaccines' protection is a bit weaker in people who have gotten many flu shots over the years. Scientists think those people's immune systems respond not just to the shot they're getting, but all the previous ones as well — overworking it to the point that additional flu shots become less effective over time. A universal shot would be a handy workaround.



2 Pandemic preparedness When a nasty seasonal flu like 2009's H1N1 strikes, it can be halfway around the world before the strain is identified and a targeted vaccine is developed. Even then, demand often outstrips supply, and getting the vaccine where it needs to be in a timely manner is a Herculean logistical challenge. Eliminating the yearly scramble could free up resources for other public health work.

3 One more shot Misinformation about the supposed "dangers" and ineffectiveness of vaccines spreads faster than an airborne virus around the Internet, despite having no basis in fact. Convincing people to make time for a flu shot every year isn't getting any easier. A single jab that protects against all strains of flu — incorporated into the usual vaccinations required for school — would be an epidemiologist's dream.

Indigenous people have mixed feelings on voting

BIRCHBARK BITINGS

Niigaanwewidam
James Sinclair



Last month Assembly of First Nations National Chief Perry Bellegarde called on indigenous peoples to "get out and vote" in this fall's election.

If First Nations voters "send the strong message this time around that our votes matter," Bellegarde declared, "it could have a huge impact."

Hundreds of indigenous leaders have followed suit, and this election is expected to see the highest participation of First Nations voters since Prime Minister Diefenbaker gave us the right in 1960. In addition, many indigenous candidates are running for office. Indigenous issues are mentioned regularly during campaign stops.

Long ignored, indigenous peoples are a part of today's national electoral conversa-

tion. The challenge is that many First Nations do not vote for legitimate reasons.

Some don't believe parties' promises of funding for currently inequitable education and health systems, inquiries into murdered and missing indigenous women or justice for long-standing land claims. So they don't see a viable option. Many reasons, however, go much deeper.

A big one is that many indigenous peoples maintain the position (via documents like treaties) that First Nations are autonomous nations — and to vote in another nation is like a French voter voting in a Belgium election.

Another is that Canada continues to institute an ongoing cycle of violence (see: the oppressive Indian Act), and for indigenous people to participate in a system that refuses to change is to be complicit in their own abuse.

Yet another reason argues that energy is better spent

on building the autonomy, government and sense of community for indigenous nations than on buying into false notions of Canadian "unity."

At the same time, it's hard to argue with Bellegarde. In 51 electoral ridings, indigenous voters are the majority. Their votes could make the difference between a majority and minority government.

It's also hard to argue with critics of voting. After nearly 55 years, Canadian politicians have failed unilaterally to serve indigenous voters, and many socio-economic indicators show that many indigenous peoples are worse off now.

Today, there is no more pressing issue in Canada than reconciliation with indigenous peoples.

As evidenced in the struggle over the Harper government's energy agenda, First Nations hold the keys to any economic future involving re-

sources such as oil and water.

Unless Canada finds another way, indigenous peoples have to be meaningfully engaged in federal politics.

To some aboriginal people, this country has seemed like a big, happy party, and they've been on the outside looking in.

Now that they've been invited, some don't want to enter. Others, like those who work in institutions such as universities, often work for both better indigenous governance and better representation at the federal level. I vote, but certainly understand my relations who don't.

For Kanata (Iroquoian for "village") to truly live up to its name, this Oct. 19 must be a step in a direction where both paths can be reconciled.

Niigaanwewidam (Niigaan) James Sinclair is a writer, activist, and Department Head of Native Studies at the University of Manitoba.

metroview

Liberals: Millennials are not in the mushy political middle



Dan Darrah
For Metro

"I want to vote Liberal, but I just can't."

It's a phrase I've heard muttered in university bars, and it's usually shorthand for the futility of Liberal pandering.

For much of our history, the Liberals catered to a broad "public" consisting of groups — middle class workers, socially liberal yuppies, small-business owners — whose support has been gradually siphoned off by the Conservatives and NDP. The party's response was to elect Justin Trudeau as leader, extending an olive branch to young voters.

It's a sensible strategy, and the campaign presented a clear opportunity to make good on it. As a young voter, I can tell you the Grits have our attention. Many of us believe in legalizing and regulating marijuana; the Liberals agreed before it was politically popular. Many of us think raising taxes on the rich will help address income inequality; the Liberals have pledged to raise income taxes on high earners.

Meanwhile, the NDP promises raising taxes is "not on the table." And there's the surfaced footage of NDP Leader Thomas Mulcair lauding former U.K. Prime Minister Margaret Thatcher's policies. As a rule, young voters are not fans of Thatcher-style neo-liberalism and trickle-down economics.

Such could be the basis of Liberal gains at the NDP's

expense. But the Grits are blowing it by falling back on an old habit: Pandering to too many crowds, many of which are lost causes as voters.

It's not very likely Conservative voters will stray from the Tories because the Liberals supported anti-terrorism legislation the incumbents introduced. Yet Trudeau instructed his caucus to support C-51, a contentious bill Millennials have widely derided as an affront to digital privacy. In so doing, he sent throngs of young voters to the NDP.

The Liberals' C-51 play stands in for many politically insecure stances. Their record under Trudeau suggests the party's ideal voter is someone who wants a government concerned about personal liberty but only occasionally interested in upholding it; moderately concerned about the environment but unsure if the answer is cap-and-trade, a carbon tax or nothing at all; supportive of the middle class but not to the extent of implementing a federal minimum wage or national child care.

The NDP has its base. The Conservatives, theirs. Liberals dominated the 20th century by occupying the mushy middle; not turning anyone off. But the 20th century is over. In the 21st, the Grits' wishy-washy platform is turning off young voters when they're needed most.

Dan Darrah is a public policy student at Ryerson University and an editor at Critical Perspectives (criticalperspectives.org)

Rosemary Westwood will return next week.

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PHILOSOPHER CAT
by Jason Logan

THE MEANING AND DESIGN OF A PROBLEM SEEM NOT TO LIE IN ITS SOLUTION, BUT IN OUR WORKING AT IT INCESTUALLY.

CARL JUNG

Stephanie Seymour the new face of The Room at the Bay

How safe are your skin spots?

AGING

How doctors assess skin patches and pigmentation

Middle age often carries with it a number of advantages, one of which is a clearer complexion. But as acne becomes a distant memory for most people, other issues arise to plague aging skin.

Sun spots, age spots, liver spots, granny warts — whatever you call them, brown pigmented spots are common eruptions as we age.

Dermatologists don't use these terms, knowing that what one person calls a liver spot another will call an age spot. But assessing and excising these pigmented spots is a daily event for skin doctors.

"Pigmented lesions and brown spots are a huge part of dermatology," says Dr. Lisa Kellett, a Toronto dermatologist who works at the clinic DLK on Avenue.

"Sometimes they just want reassurance," Kellett says of the patients she sees with these skin spots.

"And other times they say, 'You know, I really hate the

look of this. Can you get rid of it for me?'"

There are two main types of these pigmented brown spots, solar lentigines and seborrheic keratoses. The good news is that both are benign; they are not early manifestations of skin cancer.

But people should not self-diagnose what they are seeing, Kellett says. She tells her patients she wants to see them if they develop new spots or moles, or if existing ones change.

Protection Most people use much less sunscreen than they need

Dr. Benjamin Barankin agrees. Medical director of the Toronto Dermatology Centre, Barankin says these types of pigmented brown spots are not directly linked to a higher risk of skin cancer. But these spots pop out when people are older — which is also the time when the risk of developing cancerous melanomas increases.

As well, people who have these spots may become complacent — taking reassurance from the fact they were once told those brown patches aren't skin cancer — and miss a melanoma hiding among an array of pigmented spots on their backs, Barankin says.

So what are solar lentigines and seborrheic keratoses?

Let's start with lentigines. You may never have heard the term, but if you can picture the hands of an elderly white adult, you probably know what they are.

As freckles can dust the nose and the cheeks of some fair-skinned folks, brown spots can mottle the skin on the back of some aging hands.

Lentigines or lentigos are like freckles, says Barankin. But where a true freckle will fade in the winter when sun exposure is limited, these spots do not go away on their own.

Lentigos are the result of sun exposure. If you are fair skinned and you don't want them dotting the backs of your hands, limiting sun exposure or protecting your skin with a sunscreen with a sun protection factor, or SPF, of at least 30 is advised.

Slather it on, says Barankin, who notes most people apply about one-third to one-half of the recommended amount of

sunscreen.

Some commercial bleaching creams will help fade these spots, but may not get rid of them entirely if they are dark and have been on the skin for a while.

Dermatologists can zap these spots off using either a laser or liquid nitrogen. The procedure is not covered by health care. And if your skin is prone to developing lentigines, unless you protect it from the sun you will likely develop more.

The other type of pigmented brown spot is a seborrheic keratosis — or keratoses, if you have more than one. People who develop these crusty, dark brown spots often do.

Barankin sees patients with dozens of these spots, which are generally found on the

torso. They are not caused by sun exposure.

"You cannot prevent them," he says. "It's your genetics and getting older."

Dermatologists can also zap off seborrheic keratoses, using the same techniques as they do for lentigines.

"For the flat ones, it has a success rate of between 85 and 90 per cent with one treatment," Kellett says of laser therapy. "It depends on how thick it is. The thicker they are, the more difficult they are. But it's a very good

treatment."

Really thick keratoses that have been around for a while may need to be cut out, she notes.

And both she and Barankin say if you don't like these spots, it's easier to get rid of them when they are new.

"Whether it's the keratosis or the lentigo, they will come off easier the earlier you get at them," Barankin says.

THE CANADIAN PRESS

PRODUCTS

Keep your summer holiday glow, from head to toe

Summer is winding down, but that doesn't mean you have to submit to the winter blues without putting up a fight. If you want to carry your sun-kissed glow into the autumn then here are some tips.

Skin

The key words here are exfoliation and moistur-



izing. Get rid of rough patches with a store-bought scrub or whip up your own DIY one using ingredients such as sugar, sea salt and natural oils. Regular and intense hydration is the secret to keeping

your tan locked down, so consider investing in a rich moisturizer like the new Body Shop Mega Olive Body Butter, made with Fair Trade organic olive oil.

If you want to cheat a little (hey, there's no harm) then add a little fake tan into the mix to maintain that vacation vibe.

Nails

Keep your nails summery



with fresh nail polish such as the plum shade from Essie's Flowerista series for Spring/Summer 2015, inspired by colourful blooms and ranging from rich nudes to a strong fuchsia vibe.

Hair

If you find yourself with blonder strands than usual at the end of the

summer then using highlight enhancing products might help keep them around. Or, head to the salon for a few professional highlights to keep things summery. Bronde is the hottest hair colour of the moment, and can be recreated at home. When it comes to styling, keep those beachy waves in the picture with the help of a sea spray such as Sachajuan's Ocean Mist Texturizing Spray, which promises the texture and smell of a hard day's surfing. AFP





Two scenes from Swimrun in May. FREDRIK ERIXON/HANDOUT

Swimming and running their way to the finish

COMPETITION Swedish competition is among hardest races in world

Swim a little, run a little — make that a lot — as you navigate fresh trails, choppy water and extreme temperature transitions with a magnificent landscape as the backdrop. That's what to expect from a Swimrun — a Scandinavian trend spreading far and wide.

There's no such thing as an indoor Swimrun: Natural courses span through forests, across rivers and over islands — basically anywhere that's off the beaten path.

Swimrunners race in teams of

two, and because the courses are so hardcore, a minimum age of 18 is required for most competitions.

From start to finish, teams bring their equipment, which includes wetsuits to keep them insulated; northern waters are frequently just 10 degrees Celsius, even on the hottest days.

Water and food checkpoints are positioned throughout the course, along with medical staff to survey the athletes in case of an emergency.

The simple blend of trail running and open water swimming started in Sweden, where extreme sports enthusiasts and a rocky, rugged archipelago gave way to ÖTILLÖ, the original Swimrun race that later became the Swimrun World Championship.

At ÖTILLÖ, teams skim a total of 26 islands off the coast of Stockholm, covering a distance of 75 kilometres, 10 of which are crossed by sea.

They make a total of 52 transitions, hopping in and out of

the water and sprinting across the islands.

Swims range in length between 100 and 1,780 metres and runs are between 70 and 19,700 metres, according to event organizers.

The dawn-to-dusk race was conceived in 2002 by Anders Malm of Utö, Sweden, and his colleagues when they challenged each other to a casual version of the race. The last team to hit a predetermined restaurant had to pay for what the teams that arrived before them had ordered.

Known as the founders of Swimrun, Michael Lemmel and Mats Skott commercialized the sport in 2006 and the trend started its journey across Scandinavia.

As word of the trend spread, spinoff races started cropping up along rugged coastlines including the Norwegian fjords, drawing an increasingly international crowd each time.

The Swimrun World Championship will celebrate its 10th

+ IN SWITZERLAND

Canada for the win

Last year, in a competition in the Engadin valley in the Swiss Alps, Swede Björn Englund and Canadian Paul Krochak won the race that was a mix of trail running and swimming for a total of 52 kilometres in mountain terrain.

They crossed the finish line in 06:28:10, beating the second-place win by half an hour. METRO

anniversary Sept. 7, when 120 qualifying teams — the best of the waiting list of 550 — will sweat and shiver it out for what is becoming renowned as one of the toughest races in the world.

The final list of participants represents more than 23 nationalities and an Alpine version of the sport is hitting the mountains. AFP

EXERCISE

Five outdoor activities to tone your body by fall

Exercising outdoors is the new big thing and fitness coach Th  tis Guimbioko has come up with five easy exercises you can do using what's around you.

On the ground

Squats are a great way to strengthen your thighs and buttocks.

Start in a standing position, with shoulders broad and back straight, feet at waist width and toes aiming slightly towards the outside. With your body weight on your heels, bend your knees and lower your body, making sure your knees do not pass your toes, until your legs form a 90-degree angle.

Do five sets of 10 reps with a 30-second rest in between.

On a chair

This exercise is normally done standing up, but starting in a seated position is an alternative for beginners.

While sitting in a chair, the goal is to work the oblique abdominal muscles. Place your hands behind your head and keep your knees at a 90-degree angle. Rotate your upper body to the left and then return to the middle before rotating to

the right.

Continue these rotations for three to five minutes. Inhale on one side and exhale on the other. This is an ideal exercise to slim the waist.

On a bench

The starting position for this exercise will have your hands holding the bench behind you and supporting your body, straight and extended, at a 45-degree angle to the ground.

Basically this is a mix of a reverse pushup and a dip. You'll want to lower your body until you touch the bench and then push yourself back up.

There's no better way to strengthen the muscles on the back of your arm. Do five sets of 20 reps with a 30-second break in between.

Against a fence

If pushups are too difficult for you, this exercise using a fence is a great alternative.

Lean into the fence at a 45-degree angle, in basic pushup position. Make sure your hands are holding the fence at shoulder height and then lower yourself until your chest touches it. Exhale on the way down and then



Don't forget to stretch. ISTOCK

inhale as you push yourself back up. Take care to keep your body straight throughout.

Do five sets of 20 reps with a 30-second rest in between. Perfect for working the shoulders and arms.

In a stairwell

One of the best cardio exercises you can easily do is climbing stairs. Quick bursts up a set of stairs will burn calories and tone your buttocks, thighs and calves.

Find a staircase that's not too long and, keeping your body as upright as possible, race up and then turn around and come back down.

Do five sets of five with a break in between sets that lasts as long as the activity itself. AFP

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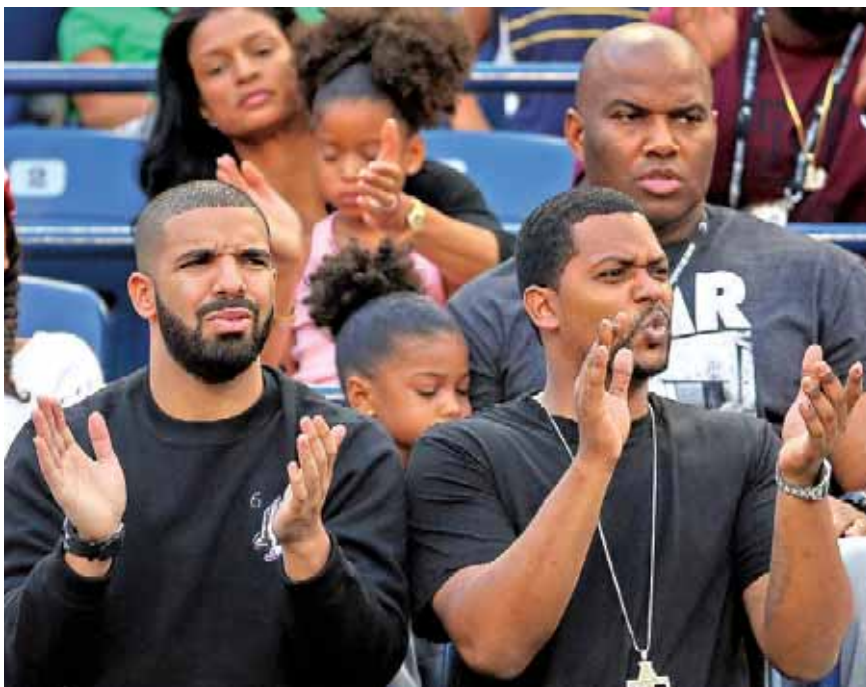
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Drake watching one of Serena's games, where he's becoming a fixture. ALL PHOTOS GETTY IMAGES

Great match

SPOTTED

Cellphone photos show Drake and Serena kissing

IN HOLLYWOOD

Ned Ehrbar



Thanks to some super-grainy cellphone pictures posted to TMZ, we have pretty solid confirmation that there's

truth to the rumours about Drake and Serena Williams being an item that have been floating around all summer.

The pair dined at a swanky city restaurant — apparently Cincinnati has fancy restaurants, who knew? — and were spotted looking extra cosy and lip-locked.

Earlier that same day, Williams won the local WTA tournament, with Drake doing his new regular thing: watching her play from the stands.

Hey, it beats fending off Meek Mill jabs, right?



BREAKUP

One Direction going different directions

We're still reeling from Zayn Malik's decision to walk away from One Direction, and now this: The hugely popular boy band is reportedly splitting up, and the remaining four skinny jeans-wearing boys are going their separate ways.

But they'll be back, an inside source tells The Sun, just after a few solo projects starting around March. No bad blood. Really.

Stop me if you think you've heard this one before.

"The guys have been together for five years, which is an incredible run for any boy band," a source says. "It is definitely not a split and they fully intend to get back together at some time in the future ... but for now it is the end." Well, not exactly, as their current tour runs through the end of October, and they have an album coming out in February. But after that? Totally over. For about a year.

JOHN A. OSWALD/METRO



One Direction is taking a final bow... for now. GETTY IMAGES

SCIENTOLOGY

Cruise let off the hook by reporters

Journalists, you're letting Paul Haggis down. The Crash director is disappointed that Tom Cruise made it through his entire Mission: Impossible — Rogue Nation press tour without having to address the Scientology issues raised by the recent Going Clear documentary.

"We forgive anybody anything if they're a movie star, I guess," Haggis tells the Daily Beast. "That's not his fault. His PR people are very smart."

Haggis sees one main culprit

in all of this: entertainment journalists.

"I don't know how journalists can continue to call themselves journalists if they aren't brave enough to ask a question," he says. "There are things called journalistic integrity, and there are things more important than promoting a movie sometimes. It was so glaringly obvious. There was this huge elephant there, and every journalist agreed not to address it. Why? You're just a PR person at that point. Shame on you."

Way harsh, Paul.

NED EHREBAR/METRO



TELEVISION

Missy Elliott joining Pharrell on The Voice

The roster of talent on The Voice keeps getting more crowded, as now Missy Elliott has signed on to serve as an adviser for Pharrell Williams' team on the singing competition, which returns Sept. 21, according to E! News.

Previous advisers for Williams' team have included Lionel Richie and Alicia Keys, so it will be interesting to see what a dvice someone who is not necessarily

a singer has for the contestants. For the ninth season, Elliott joins the adviser ranks that already include Selena Gomez for Gwen Stefani's team and Brad Paisley for Blake Shelton's.

Adam Levine, on the other hand, is going with ...

John Fogerty? Sure, I guess. And, as

NBC previously

announced,

Rihanna will

be advising

all contestants,

regardless of spin-

ny-chair

judge affiliation.

Wait, how are

we already up to

a ninth season of

The Voice? I feel

old. NED EHREBAR/

METRO



GOSSIP BRIEFS

Kendrick on aging

Anna Kendrick turned 30 earlier this month, and coincidentally Elle magazine is also 30 years old now. To celebrate, Kendrick opened up to the mag about what the milestone means.

"I really feel ready for it. I feel like in your 20s you have to put up with a lot of bulls—," she says. "I know you have to in your 30s as well, but you can always say, 'You

know what? I'm 30 goddamn years old so I'm going to go home before 2 a.m. because I can.' I'm excited for that." Wait, nobody told her she could say that in her 20s, too?



NED EHREBAR/METRO

Underaged O'Donnell sent nudes, say prosecutors

The owner of a home where Rosie O'Donnell's teenage daughter was found last week sent the girl a nude photo, prosecutors said Monday.

Steven Sheerer, 25, is accused of having inappropriate

online communications with 17-year-old Chelsea O'Donnell. He faces charges of child endangerment and distribution of obscenity to a minor. Ocean County prosecutors say a conviction could bring up to 10 years in prison.

Sheerer was arrested Friday night at his home. Chelsea O'Donnell was found at the home Aug. 18.

Authorities said police went to the home and the person

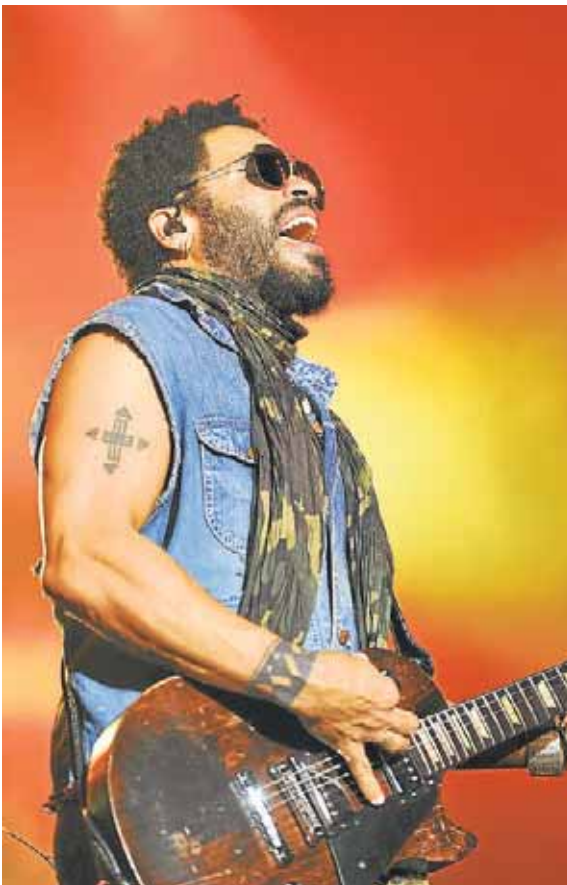
answering the door initially did not want to reveal Chelsea's presence. Police said they told the occupant they would not leave until she came out; Chelsea then appeared and willingly left with police.

Sheerer's arrest came several



hours after authorities obtained the girl's cellphone with her mother's consent, prosecutors said. They found "inappropriate communications" over the last several weeks between Sheerer and Chelsea, prosecutors said.

THE ASSOCIATED PRESS



Lenny Kravitz is still touring in support of his 2014 album *Strut*. He plays Toronto on Wednesday. GETTY IMAGES

Kravitz, as always

INTERVIEW

Rock star still strutting his stuff

Lisa Weidenfeld
For Metro

Lenny Kravitz is one of those musicians who could be coasting by now.

He's had huge hits, appeared in *The Hunger Games* and performed in the Super Bowl with the famous Left Shark (oh, and Katy Perry and Missy Elliot). But he's just as hard working as ever, with 2014's *Strut* earning high praise from Rolling Stone, and a current tour (that included a date in Sweden and a wardrobe malfunction that took the Internet by storm).

The resulting album has a gritty old-fashioned feel to it, which has led to some moody, black and white music videos that almost look like art films.

"That's what I gravitate towards, really. The music I think calls for that," says Kravitz. He says he likes black and white

because "it can be so much more dynamic and realistic."

He found people to collaborate with who were already doing the type of work he was imagining for the videos, but says the result is always a pleasant surprise.

"You still never know what you're going to get until it's done. Videos have always been that way. You hire the person you want, and everything's perfect until you get it and it's not what you thought. Sometimes it is. But these last videos, I was very happy with."

The album also marks his first release under his own record label, Roxy Records.

"It gave me an opportunity to exercise a lot of the things I've learned. And also to follow my desires: This is how the money's spent, this is what we're going to do, etc."

But just because he's running things now doesn't mean he's changing what he does too much. He played many of the instruments on *Strut*, just as he's always done.

"It's just the way I started. I didn't do it on purpose. I couldn't afford to pay people

SUPERBOWL PIECING IT TOGETHER

'You definitely don't want to screw up'

Kravitz played for one of the biggest audiences in the world earlier this year when he played the Super Bowl half time show with Katy Perry, which he called "surreal."

"I've done my own concerts in front of a million people. I did a concert years ago in Rio for a million people. (At the Super Bowl)

there are less people in front of you, but you realize it's going out to millions of people across the world. So you definitely don't want to screw up."

He also had high praise for the headliner, saying Perry "hadn't eaten for, like, two weeks. She's very disciplined, working day and night. So it was a good release afterwards."

when I made my first record, so I played all the instruments myself. Then it became sort of my thing, my sound." The album has been enough of a success that Kravitz is still touring in support of it a year later, but he says he doesn't let that kind of thing go to his head too much.

"Anytime someone says something nice, it's a nice thing. Whether or not I get recognition, I stand by my work. I express myself honestly and authentically, so therefore it's

successful."

That honest expression is important when he considers what to write about next.

Asked if he's interested in any particular subject, he answers, "Whatever comes. You know, it's your heart speaking, your soul, your subconscious. It's all of that. So whatever has to come out, comes out."

And wherever that type of thinking takes him, he's happy. "I'm always wanting to do something I'm not doing, because that's just the way I am."



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THE 1992-93 WORLD SERIES CHAMPS: WHERE ARE THEY NOW?

The Toronto Blue Jays are first in the American League East and look like they're a serious post-season contender for the first time since they won the 1993 Fall Classic. Here's a look at five members of the 1992 and 1993 World Series champion Blue Jays and where they are now.



1 Kelly Gruber

The blond-haired third baseman is best known for his role in a non-call in Game 3 of the 1992 World Series. He made a diving tag on Braves baserunner Deion Sanders' foot to record the final out of a triple play. The second-base umpire ruled Sanders safe. Gruber tore his rotator cuff on the play but he still hit a key game-tying home run in the eighth inning, and the Jays would go on to win the game and the Series.

Today, Gruber holds baseball seminars and does public appearances as a motivational speaker for charitable organizations.



2 Pat Hentgen

The right-handed pitcher came out of the bullpen throughout the 1992 season with a total of 50-1/3 innings pitched. Hentgen's impact was really felt in 1993 when he led Toronto with a 19-9 record in the regular season with 122 strikeouts and 3.87 earned-run average.

He won Game 3 of the 1993 World Series against the Philadelphia Phillies, giving up one earned run over six innings of work in a 10-3 victory.

Hentgen continued to improve on the mound, winning the American League's Cy Young in 1996.

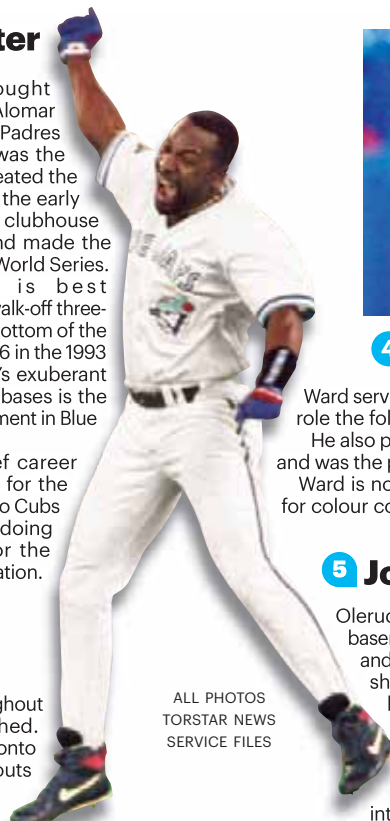
Today, Hentgen is still involved with the Blue Jays, working in the team's front office as Special Assistant to the Organization.

3 Joe Carter

The trade that brought Carter and Roberto Alomar from the San Diego Padres to Toronto in 1990 was the crucial move that created the Blue Jays dynasty of the early 1990s. Carter was a clubhouse leader in Toronto and made the final out of the 1992 World Series.

However, he is best remembered for his walk-off three-run home run in the bottom of the ninth inning of Game 6 in the 1993 World Series. Carter's exuberant jumping around the bases is the most memorable moment in Blue Jays history.

Carter had a brief career as a TV broadcaster for the Blue Jays and Chicago Cubs before focusing on doing charitable works for the Children's Aid Foundation.



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4 Duane Ward

Ward served as a reliable setup man in 1992, but took over the coveted closer's role the following season and earned 45 saves.

He also posted saves in Game 1 and Game 4 against the Philadelphia Phillies and was the pitcher of record when Joe Carter hit his walk-off homer in Game 6. Ward is now regularly featured on local Blue Jays radio broadcasts, filling in for colour commentator Joe Siddall.

5 John Olerud

Olerud became Toronto's full-time first baseman at the start of the 1992 season and immediately made an impact. His sharp defensive play coupled with his strong hitting made him an important piece of both World Series teams.

He led the American League in batting average (.363), intentional walks (33), times on base (321), on-base percentage (.473) and doubles (54) in 1993.

He now lives in Washington with his wife and kids. The NCAA's John Olerud Award is given to the best two-way player after his All-American play for Washington State University as a pitcher and first baseman. He was inducted into the National College Baseball Hall of Fame in 2007. THE CANADIAN PRESS



INDYCAR

Pocono crash claims Wilson's life

IndyCar driver Justin Wilson has died from a head injury suffered when a piece of debris struck him at Pocono Raceway. He was 37.

IndyCar made the announcement on Monday night at Indianapolis Motor Speedway.

Wilson is a British driver who lived outside Denver in Longmont, Colo. He was hit in the head during Sunday's race by piece of debris that had broken off another car. Wilson's car veered into an interior wall at the track, and he was swiftly taken



Justin Wilson in June 2013
GETTY IMAGES

2011 season finale at Las Vegas after his head hit a post when his car went airborne.

THE ASSOCIATED PRESS

by helicopter to an Allentown, Penn., hospital.

The last IndyCar driver to die because of an on-track incident was Indianapolis 500 champion Dan Wheldon, who was killed in the

IN BRIEF

Canada improves to 2-0 at FIBA Americas warm up

Anthony Bennett poured in 16 points to lead the Canadian men's basketball team to an 80-64 win over Brazil at the Tuto Marchand Continental Cup on Monday in San Juan, Puerto Rico.

Dwight Powell scored 14 points and added seven rebounds off the bench for Canada, which is undefeated through two games at the tournament. Andrew Wiggins had nine points.

THE CANADIAN PRESS

Team Russia fined for walking out on O Canada

The Russian Hockey Federation was fined \$85,000 Monday over the national team snubbing Canada's victory celebrations after the world championship final.

The sport's governing body, IIHF, said Russian players deliberately left the ice before the Canadian anthem was played on a signal from captain Ilya Kovalchuk, contrary to claims made by the Russian federation. THE ASSOCIATED PRESS

TRACK AND FIELD

Barber catapults to gold at worlds



Shawn Barber

CAMERON SPENCER/GETTY IMAGES

Canada's Shawn Barber won a gold medal in the men's pole vault at the world track and field championships on Monday in Beijing.

The 21-year-old, who won gold at last month's Pan Am Games, was the lone competitor to clear 5.90 metres on his first attempt. Defending champion Raphael Holzdeppe captured silver.

The medal is Canada's fourth of the competition and the country's first ever in pole vault.

THE CANADIAN PRESS

Argos climb the ranks as attendance plunges

CFL

Boatmen draw their smallest crowd since '03

After staving off a rousing rally by the Ottawa Redblacks, the Toronto Argonauts moved into a tie for first place in the CFL's East Division while upping their record to 6-2 for the first time since 1997.

They did it before just 14,748, the team's smallest draw for a Rogers Centre regular-season game since 2003.

Sunday's attendance was the lowest in the league this season, barring the 4,900 Toronto drew for a one-off game in Fort McMurray, Alta., in June.

Don't blame the weather. It was a glorious summer day, with sunshine streaming in through the open roof.

"I know I live downtown and I don't even know how many people even knew we had a game today," veteran defensive lineman Ricky Foley, a native of Courtice, Ont., in his second stint as an Argo, said after the game.

Foley, noting he's a football player not a businessman, wasn't pointing fingers. But he said the team's marketing department isn't getting much help.

"They're up against it right



Tori Gurley, right, celebrates his touchdown with teammates, from left, Tyler Holmes, Chad Kackert and Kevin Elliott against the Redblacks on Sunday. MARK BLINCH/THE CANADIAN PRESS

now. Their budget's a little low right now and it has been all off-season. They didn't have much to work with," he said. "I'd say they're doing as good as they can with it, but the PR and the marketing — I don't even know if they do have a budget."

Larry Tanenbaum, chairman of Maple Leaf Sports and Entertainment, and Bell have bought the 142-year-old CFL franchise from David Braley. The old and new owners are working together this season, prior to the new regime taking over in 2016.

17K

The Argos averaged a regular-season crowd of 17,791 at the Rogers Centre in 2014.

The Argos drew 20,642 in their only other regular-season home game under the dome this season, a Saturday evening win over Saskatchewan on Aug. 8.

"We had a terrific turnout of more than 20,000 enthusiastic fans to our home opener earlier this year," Argos CEO Chris Rudge said in a statement after Sunday's 30-24 win over Ottawa.

"We expected a lower-than-normal attendance for today's game against Ottawa, due to a number of reasons, and despite that we were treated to another enthusiastic crowd. We already expect a larger crowd for our next home game on Sept. 11 against Hamilton."

THE CANADIAN PRESS

NFL IN BRIEF

Packers' Nelson out for season with knee injury

The Green Bay Packers' worst fears about the severity of receiver Jordy Nelson's knee injury have come true.

The team said Monday only that the star receiver suffered a "significant right knee injury" that would cost him the season. Nelson, one of the top targets for NFL MVP quarterback Aaron Rodgers, was injured Sunday in a preseason game at Pittsburgh.

"It's difficult to lose a guy like that in a meaningless game," Rodgers said after the 24-19 loss to the Steelers. THE ASSOCIATED PRESS

Hall-of-famer Carter sorry for 'fall guy' remark

Hall of fame receiver Cris Carter has issued an apology for telling NFL rookies at a league symposium in 2014 that they should "get a fall guy" to help them avoid trouble.

Carter posted his apology on Twitter after an ESPN article drew attention to the remarks he made during a presentation last year. He told a group of rookies from NFC teams that if any of them were to get into trouble off the field, it was important to have someone who would step forward and take the blame. THE ASSOCIATED PRESS

PREMIER LEAGUE

Cech helps Arsenal salvage a draw

Petr Cech demonstrated why he will be an asset rather than a liability for Arsenal by producing the saves that secured a 0-0 draw against Liverpool on Monday after opening-day blunders proved so costly for his new club.

It was a first Premier League clean sheet in Arsenal colours for the former Chelsea goalkeeper, who had to cope with a fragile defence in front of him.

And with the Gunners forwards so feeble, the draw left them with four points from a possible nine at the start of the season, far from the form that will see them threaten to

66

Today was one those games where I was in the right place at the right times.

Peter Cech

win the title for the first time since 2004.

Had it not been for Cech's contribution, Liverpool might have been celebrating a third consecutive victory.

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RECIPE Panko Crusted Chicken Sandwich with Sriracha Coleslaw



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The lightly sautéed panko-crusted chicken thigh goes well with the spiced up coleslaw. Serves 4.

Ready in

Prep time: 15 minutes
Cook time: 8 minutes

Ingredients

- 4 boneless, skinless chicken thighs (pounded)
- 1 Tbsp cornstarch
- 1 egg
- 2 Tbsp 2 per cent milk
- 1/2 cup panko or breadcrumbs
- 2 cups packaged coleslaw
- 1/4 cup light mayonnaise
- 1 Tbsp light sour cream
- 1 Tbsp lemon juice
- Salt and pepper
- 1 tsp Sriracha or hot sauce
- 4 sandwich buns
- 4 slices field tomatoes

Directions

1. Sprinkle cornstarch over

chicken. In a dish, mix egg and milk and dip chicken to coat. Dip in panko crumbs.

2. In a large hot skillet, sprayed with vegetable oil, sauté chicken until cooked through, about four minutes per side.

3. To make slaw: In a bowl, combine slaw mixture, 2 Tbsp light mayonnaise, sour cream, lemon juice, salt and pepper and 1/2 tsp Sriracha.

4. In a small bowl, combine remaining mayonnaise and 1/2 tsp Sriracha. Spread this over four bottom of buns.

5. Place tomato slice over top on bottom buns, add chicken and divide slaw on top.

Nutrition per serving

- Calories 332
- Protein 23.6 g
- Carbohydrates 40 g
- Fibre 3 g
- Total fat 8.7 g
- Saturated fat 2.7 g
- Cholesterol 122 mg
- Sodium 629 mg

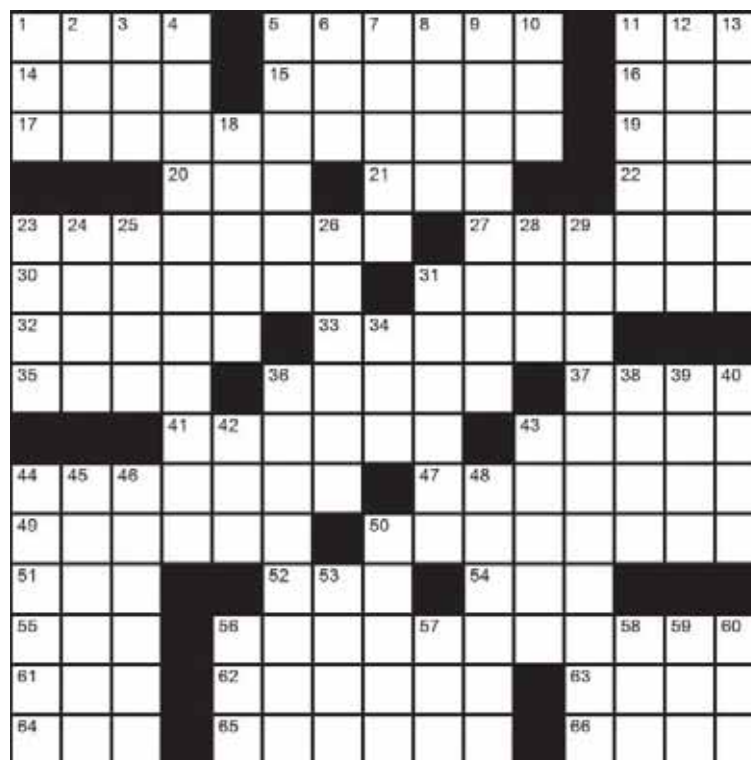
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Canned meat brand
5. Instruments like Ravi Shankar's
11. "Tell ___ No" by The Zombies
14. Rikki-Tikki-___
15. Breakfast menu selection
16. Brit band, briefly
17. Mid-70s Canadian TV series based on Johann Wyss' 1812 classic book, "The ___ Robinson"
19. Scandinavian rug
20. Rested
21. Tee 'n' club org.
22. Sure-footed mammal
23. Long-steps-taking pedestrians
27. Computer store purchase
30. Food Network watcher's interest
31. Rants
32. Put down
33. Fawn
35. Island of Indonesia
36. ___ and effect
37. Legend
41. Sacred songs
43. Jason of "How I Met Your Mother"
44. Overcome/make do
47. Country in Africa bordering Sudan
49. Contradiction
50. British-born missionary doctor to Newfoundland and Labrador, Sir Wilfred ___ (b.1865 - d.1940)



51. NYC's Madison
52. 'Equal'-meaning prefix
54. Wilmington's state, for short
55. Name: French
56. Canadian comedy partner for Frank Shuster: 2 wds.
61. Watercraft, with Jet

62. Furthest orbital point
63. Band's undertaking with dates to commit to
64. Mauna ___ (Hawaiian volcano)
65. Peanut Butter Cups name
66. Crooned

DOWN

1. Haloed humans, for short
2. Puppy's friendly offering
3. Canadian broadcaster Mr. Lewis
4. Fun-to-spell American river
5. Cushion
6. "Baby ___" Want

7. Office workers, e.g.
8. Sacha Baron Cohen character in Madonna's "Music" video: name + letter
9. Comparative
10. Trough locale
11. Monarch's messenger

12. President of France's residence, ___ Palace
13. Jokes-filled celebrity tributes
18. "Sexy ___" by The Beatles
23. Strikebreaker
24. Marching band instrument
25. Money in Oman
26. Entertain enthusiastically
28. 'Hect' ending
29. Some footwear, a nod to dancers: 2 wds.
31. One mixing the salad so that the lettuce flies up but then lands in the bowl
34. Certain cake
36. Circus carousel's music provider
38. Fiend
39. Stagger
40. Airline of Israel: 2 wds.
42. Sauna site
43. Brawn
44. Port city in Poland
45. Invalidate
46. Low energy reason maybe
48. Changes hair hue again
50. They resonate when struck in orchestras
53. Boot alternative
56. Cookie container
57. Maiden name indicator
58. Beatles hit: "She Loves ___"
59. Sister
60. Work unit

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

A confident approach is a must. If your rivals get the idea that you are having doubts they won't hesitate to exploit them and that could lead to a serious setback later in the week.

♉ Taurus April 21 - May 21

Try not to take anything too seriously. If you find yourself thinking about one thing to the exclusion of everything else that is a sure sign you have become infatuated about something and that isn't healthy.

♊ Gemini May 22 - June 21

Today you will wonder if the powers that be have got it in for you, but it is your state of mind that is making things seem tougher than they really are. Life will get easier very soon.

♋ Cancer June 22 - July 23

Travel and social plans are likely to be disrupted, although nothing too drastic will happen so long as you look ahead. Make allowances and make sure you have not forgotten anything important.

♌ Leo July 24 - Aug. 23

Think carefully before committing yourself to anything of a financial nature today. Someone is keeping from you facts you need to know.

♍ Virgo Aug. 24 - Sept. 23

You are strongly advised to be suspicious of everything you see and hear. Neptune, planet of confusion, is making things harder to understand and if you are not careful you could be the one who loses as a result.

♎ Libra Sept. 24 - Oct. 23

A rethink of your aims may be a good idea but don't change anything before getting advice from people you trust. You are a little confused and it might be the case that you don't have to change anything at all.

♏ Scorpio Oct. 24 - Nov. 22

What you have to say is not what certain people want to hear, so don't be surprised if they try to twist your words. The message you have to deliver is of major importance, so keep repeating it.

♐ Sagittarius Nov. 23 - Dec. 21

You've been worrying for no good reason about something that is of no importance at all. When a wise Sag can be fooled now and again.

♑ Capricorn Dec. 22 - Jan. 20

There will be plenty in the way of rumour today but precious few facts, so don't jump to conclusions. When even those in positions of authority have no idea what is going on there is not much point making plans.

♒ Aquarius Jan. 21 - Feb. 19

Try to be a bit more laid-back about money matters today — but not so laid-back that it seems as if you don't care. If you have any bright ideas about how to increase profits you must speak up.

♓ Pisces Feb. 20 - March 20

You know you can trust your own instincts but can you trust other people's instincts? Don't take what others tell you at face value today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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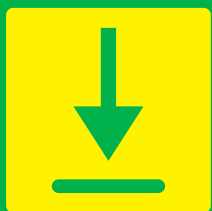
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